

My Regrets

Regret is a strange companion, isn't it? It's quiet and subtle at first, but over time, it becomes louder, taking up space in your mind. As a man, you've learned to carry so many things on your shoulders—responsibility, expectations, pride. But regret is different. It doesn't ask permission to stay, and it doesn't leave unless you confront it. You regret the moments you took for granted. The times you didn't say I love you enough, or when you let a busy schedule keep you from spending more time with the people who mattered. The loss of your grandparents has made that so clear now. You think back on their laughter, their stories, the lessons they quietly taught you, and wish you had soaked up more of their presence. You regret the choices you didn't make—dreams you didn't chase because you doubted yourself, paths you avoided because fear whispered in your ear. You regret staying silent when you should have spoken up, and speaking out when you should have stayed silent. The wrong words, the missed opportunities, the relationships you let slip away—they all weigh on you. But here's what I want you to hear: regret is not your enemy. It's a mirror. It shows you what you value, what you wish you had nurtured, and who you want to be moving forward. Yes, there were times you fell short, but doesn't that mean you were human? Doesn't that mean you were trying, even if imperfectly? The regrets you feel aren't signs of failure; they're signposts pointing to what matters most to you. (edited)

You're still here. There is still time to make the calls, to take the risks, to build the life you imagine. Your grandparents' legacy lives in you—the lessons they taught, the love they gave. Honor them by living fully, by cherishing the people around you now, by doing the things you've been putting off. Regret will visit from time to time, but it doesn't have to stay. Use it as a compass, not a chain. Forgive yourself for the mistakes of your past and commit to being the man you want to be moving forward. You have a lifetime ahead of you. Start today. With understanding,

L.M